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december

HSZC Sangha News & Events 2016

HARTFORD STREET ZEN CENTER

57 Hartford Street San Francisco, California 94114 Telephone: (415) 863-2507

mondays

* 7:00 am zazen (sitting meditation)
* 7:40 am morning service - (chanting service)

6:00 pm zazen
6:40 pm evening chanting service

* *last monday of each month, no morning schedule*

tuesdays

6:00 am zazen
6:40 am kinhin (walking meditation)
6:50 am zazen
7:20 am chanting service
7:40 am soji (brief temple cleaning)

* 6:00 pm to 7:00pm queer meditation space *

wednesday - fridays

6:00 am zazen
6:40 am kinhin
6:50 am zazen
7:20 am chanting service
7:40 am soji

6:00 pm zazen
6:40 pm chanting service

thursdays study hour (buddhist text) 7:30pm

saturdays

6:30 am zazen
7:10 am chanting service
7:25 am soji
8:30 am drop-in instruction
9:25 am zazen
10:15 am dharma talk
11:00 am refreshments/social *

* *if a ceremony applies it*

The Ceasing of Notions

Now w

The Ceasing of Notions



Now we you are saying that ordinary beings have something to attain but that buddhas do not. What then is the difference between attaining and not-attaining. - Emmon

Delusion arises because ordinary beings want to attain something. Buddhas are free from delusions because they do not wish to attain anything. Within delusion arises at once division into same and not same. Without delusion there is neither difference nor indifference. - Nyuri

If there is no difference, why then coin the name "buddha"? - Emmon

'Ordinary men' and 'buddha' are both without difference. It is as if one were speaking about the hair of a tortoise or about the horns or a hare. - Nyuri

will occur before social time

If the Buddhais like the hair of a tortoise or about the horns or a hare, then it can be said that he does not exist at all. What are you trying to teach? - Emmon

I say that there is no such thing as the hairs of a tortoise, but I do not state that there is no tortoise. Why do you reproach me? - Nyuri

The ceasing of notions - Soko Morinaga

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The ceasing of notions - Soko Morinaga

~ upcoming events ~

dharma talks @10:15am, saturdays

_____ hszc speakers _____

Rev Myō Lahey -Dec 3, 10,24,31



Please help support our Temple, Dharma Study, Resident Student Program, Our Practice Schedule, & the Space & Programs offered to the Public.

Donations are tax deductible we are a 501-C 3 non-profit

guest speakers

Rev ***Ko Shin Steven Tierney - dec 17;***

2017: Rev Ko Shin, Steven Tierney - Feb 4; Rev Jisan, Tova Green - Mar 4; Rev Kogen Seido, Jamie Howell - Apr 1; Rev Fugan, Gene Bush - Apr 22; Rev Anshi Daigi, Zachary Smith - May 20; Rev Shokan, Jordan Thorn - May 27; Rev Fugen, Gene Bush - Jul 15; Rev Anshi Daigi, Zachary Smith - Aug 19; Rev Ko Shin, Steven Tierney - Sep 2; Rev Shokan, Jordan Thorn - Sep 30; Rev Kogen Seido, Jamie Howell - Nov 11;



Dec 7th thru Dec 11th - Winter Light Retreat -

Hartford Street Winter Light Retreat Sesshin will begin the evening of **December 7th**, including the Rohatsu celebration/ceremony Saturday December 10th, and **conclude Sunday December 11th, mid-day**.

Visit here to see last year's schedule to get an idea of what the schedule will involve.

You can adapt your attendance to the demands of your life, but full participation is always welcome and encouraged.

To sign up for all or part of the retreat, or obtain more details, send an email to info@hszc.org, or leave a message at (415) 863-2507

we now offer a queer meditation space evening, on tuesdays 6pm , please join us. no formal zen forms, a shorter mediation period than our usual zazen (40 minutes) & discussion time/social time included. the format is designed to evolve to the desires & request of the attendees. it is from 6pm to 7pm.

sangha council - Dec 16 @ 7:30pm - council runs for ~ 90 minutes maximum — we're continuing this format that is flexible enough for a diversity of needs. the primary focus has been recently on operational matters & new programs. the session is open to added topics as well & you do not need to have an 'issue' or overt concern to attend. All are welcome!

full moon ceremony - saturday; Dec 10 @11am - in Native American Indian cultures which tracked the calendar by the Moons, December's Full Moon was known as the Full Cold Moon. It is fittingly associated with the month when winter cold fastens its grip and the nights become long and dark.

This Full Moon is also called the Long Nights Moon by some Native American tribes because it occurs near the winter solstice—the night with the least amount of daylight. In December, 2016, the winter solstice occurs on Wednesday, December 21 at 5:44 A.M. (ET).

study hour - thursdays @7:30pm - selected Studies of Zen Master Dōgen. see our website for details. So far all have been from the Dōgen Shobōgenzo version compiled & translated by Kazuaki Tanahashi.

ring in (108 times) the new year with the hszc sangha - there'll be zazen some soji or traditional New Year's temple cleaning, a light snack , zazen (seated meditation), striking our large bell 108 times, a burning ceremony of things to leave behind in 2016, and finally a toast to the new year. begins @7:30 end shortly after the new year (mid-night Jan 1)

closure & schedule changes -
last monday of each month - no morning program, only evening schedule

closed december 24 & 26, 2016
closed january 1, and 2, 2017 [after the 12am Jan 1st toast from the hszc new year event]

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6th of each month & Philip Whalen's is the **26th** (or closest dates to these if cant be on that day) - evenings at 6:40pm or saturday mornings

Jukai: jan 7, 2017- join us for a jukai cremony and celebration for long-term sangha member, frequent fill in and standard Do'an, board of director member and former board president - Richard Chiofolo

Coming in soon in 2017!

- Jukai - Jan 7
- Full Moon Ceremony - Jan 14
- Mahapajapati Ceremony & Remembrance - Jan 21
- Dogen Zenji Birthday - Jan 28

practice discussions at hszc are available with Rev. Daiko Tanzen, David Bullock & Dokusan with Rev. Myo Lahey please call us, approach them directly, or email: hszc108@yahoo.com to request to schedule time.



Winter Light Retreat Sesshin



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Visit here to see what the schedule will involve. You can adapt your attendance to the demands of your life, but full participation is always welcome and encouraged.

To sign up for all or part of the retreat, or obtain more details, send an email to hszc108@yahoo.com, or leave a message at (415) 863-2507

Attendance is $85 members - $95 non-members.

words from our abbot, Rev Myo Lahely (transcribed by sangha)

This yogic body is the source of the heart-mind that is calm amidst birth and death. And by calm I don't mean that you are not having some feeling. I just mean that whatever you're feeling is your own home. So you're not then saddling yourself with the notion with "gosh well I can't be calm until I get rid of this feeling" and no, that's not right, that's not true.

When we feel like the crowd is yelling for our head, which I must say sometimes admit sometimes feels that way. We should try and stand up straight. Lead so to speak with the heart. That's how we sit right? We don't sit like this [leaning or slumping] or we shouldn't and if we do someone should hit us, "no, no, not that way, like this, up straight" [showing relaxed up right posture]. Not rigid and that's important. Zen practice in particular with some reason, is sometimes associated with rigid attitude and I really don't think that is what was intended.

That's one of many mistakes we can make in practice. Sitting like this is not about being rigid. In fact, often people discover often in retreat how rigid they have been and how exhausting that is. It's like "gosh day 3 of sesshin and it's 10:15 in the morning and I am exhausted". If you're exhausted, then see where all your energy is going... Let the body-mind be upright, but also soft. This is why my teacher and many others keep telling people "you know you should relax". Of course in the zendo it's like" wait relax and zendo, those two don't fit". But actually they do, they fit perfectly and you have to allow that to manifest and again you can't make it happen. Making it happen is what makes us rigid.

So let the whole body be its natural soft and natural rhythm, breathing in and out and head up and eyes open. And back, back energized but not rigid. And if you're too uncomfortable make some adjustment.

hszc talk august 2016



winter light retreat, Dec 2014

HIV meditation group; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us! thursdays & fridays *10:30am zazen* *11:00am garden socializing*
meditation in recovery; weekly meditation group for men & women in recovery from addiction *fridays, 7:30pm - 9pm*
(women only) meditation in recovery; monthly meditation group for women in recovery from addiction *first thurs, 7:15pm -8:45pm*
(men only) meditation in recovery; a monthly meeting for men in recovery from addiction *3rd thurs of every month, 7:30pm-8:30pm*
board of director meetings; you're invited to attend & observe! *second weds of each month, 7:30pm*

word or term of the month

tonjinchi 貪瞋癡

greed, anger, and delusion. The three root mental afflictions

(bonnō 煩惱, S. kleśa).

hszc new informal lgbtqqi & friends meditation group -





Abbot, hartford street zen center --- Reverend Myō Lahey ---



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415.863.2507

please submit stories, reflections, personal news, artwork & photography for future newsletters to KeiDo at

tetsugen.keido@yahoo.com

may this newsletter find you well & equanimous! __/|__

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please contact us for rental space & events, ceremonies performed by a zen priest - weddings, memorials, coming of age & baby naming events

find other sf & bay area lgbtqqi/queer community events & venues here - or - here